



Member Roadrunners Club of America

THE TODDS ROAD

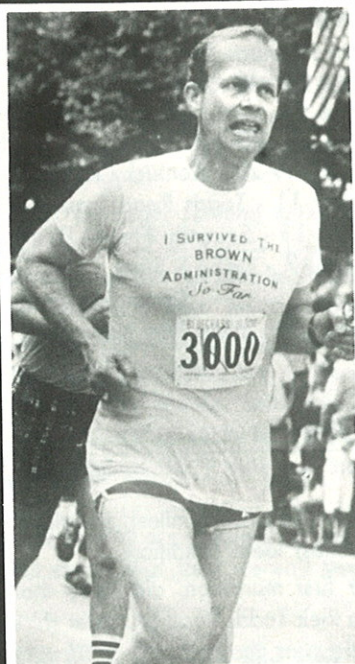
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Newsletter of the
Todds Road Stumblers, Inc.
Lexington, Kentucky

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AT THE STARTING LINE

by Kenneth J. Pike

ANNUAL TRASH CLEANUP

The 11th of May is the day set for our Annual Trash Cleanup. The schedule will probably be like last year - finish our training about 9:00, gather at the clubhouse for refreshments and gossip, and then about 9:30 we divide into small groups to be delivered to several points around our running courses where we will do our work. Plastic trash bags and transportation will be provided by the club, and the effort will come from our ever faithful members. We don't know who donated the trash, but they are certain to be generous, as always.

Last year several far-sighted members brought gloves to protect their hands. This year I suggest that we add another piece of equipment to bring - your garden rake. This will speed up the collection process and will keep you from having to walk into irritating vegetation to reach those distant beer cans.

As the day draws closer more information will be posted on the bulleting board. Like last year, it will be a lot of fun and will give each of us a story to tell. Unlike last year, there will probably be some media coverage so be prepared to smile while you work.

SUMMER TRACK AND FIELD

University of Kentucky Coach Don Weber has informed me that he is planning to repeat the highly popular Summer Track and Field Series again this year. It will begin the second or third week of June and continue on alternate Wednesdays thru September. A more detailed schedule is being developed and will be mailed to everyone on the Todds Road mailing list. All events will be held at the UK track. Here is your chance to live out your Olympic fantasies - run the 1,500 - sprint 100 meters - even throw the shot put! The cost is minimal but the fun is maximum.

Watch the clubhouse bulletin board for further developments.

500 MILE CLUB

Since our last issue no new members have qualified for the 500 Mile Club. This is understandable in view of the recent harsh weather, but as I sit here at the word processor I can hear the birds singing outside, so NO MORE EXCUSES -

GET IT IN GEAR! We need some more 500 Milers before the champagne goes flat!

TODDS ROAD TRIVIA

In our last issue the challenge was to name the Stumbler who is quoted on page 48 of Jim Fixx's Second Book of Running.

The answer is Dr. Max L. Irick.

Here is the new quiz.

About 30 yards before you reach the 8 mile mark on our 9 mile course there is a mailbox on your right.

- (1) Whose name is on the mailbox?
- (2) In what way is that name significant to Stumblers?

Answers in next issue.

MARK NENOW UPDATE

The February, 1985 issue of Track and Field News had its rankings of North American Road Racers. Mark was rated #1 among Americans and #5 in the world. He was the only American to break 28 minutes for 10,000 meters in 1984.

At the end of March he plans to return to New Orleans to defend his championship in the Crescent City Classic.

It was in this race in 1984 that he set the world record of 27:22:69 for 10,000 meters.

Mark now has a sponsorship agreement with Puma. He will be wearing a sharp looking new racing singlet which has both Puma and Todds Road Stumblers in bold letters across the front.

IN MEMORY OF JOE MCCAULEY

Joseph Lee McCauley died of a brain tumor at the Norton Kosair Hospital in Louisville on February 28, 1984. He was 72.

Most of us knew him as a prominent runner in local races. He was also interested in very serious matters. Besides having been President of the Rotary and Director of the Big Sandy Area Development District, he was also a civil rights activist and was the Mayor of Middlesboro.

He made friends everywhere he went, and all will miss him.

UPCOMING CLUB EVENTS

- April 19-20 - Kentucky Relays
- May 11 - Todds Road Trash Cleanup
- July 15 - Seventh Annual Picnic
- Nov. 2 - KHSAA State Cross Country Championships
- Dec. 31 - New Year's Eve Run ■

MARYLAND MARATHON

by Bob MacIin

The 7th annual Lexington Park, Maryland Marathon (26.2 miles), sanctioned this year by TAC, was run March 3, 1985 under almost ideal conditions.

Three Todds Road Stumblers, running their first marathon, did more than just "stumble" across the finish line. All decked out in their Todds Road Stumbler shirts and blue racing shorts with a two horseshoe logo on the rear, they not only attracted attention, but soon commanded respect from all as Mary Hagihara established a new course record for her age group, and Susan and Diane also finished in the top placings in their respective age groups.

They were also asked many questions about Number One Stumbler Mark Nenow, and the Todds Road Stumbler runners.

Beth Argabrite, who ran her first marathon this past November, went along to provide support and cheers, and to help celebrate.

RESULTS:

NAME	PLACE	AGE GROUP	TIME
Diane Soltis:	4th place	30-39	3:46:50
Mary Hagihara:	1st place	40-49	3:46:50
Susan Cox:	2nd place	40-49	4:04 ■

GET TO KNOW BILL AND BEVERLY FORTUNE

by Becky Reinhold



Photo by Becky Reinhold

Lifestyle section of the Lexington Herald-Leader, has been involved in journalism for close to 20 years. She received a journalism degree from the University of Kentucky, where she met Bill her senior year. She worked for the Lexington Leader her first two years after graduating, then worked for the Louisville Courier-Journal for eight years. In 1977, she started with the Lexington paper again. Although it is demanding, Beverly seems to enjoy her work. She says she "looks at the world in terms of story ideas," and expresses the "kaleidoscope" of emotions involved in writing different stories.

At home, the Fortunes love to relax with their two children, Sarah, 16, and Will, 7, the cat, Hanna and Spot, the dog. With such busy schedules they say they don't have time for hobbies but Bill enjoys reading and recreational biking, and Beverly loves gardening, needlepoint, hiking, camping and playing the piano. They both have recently started a nautilus weight lifting program that they fit into their schedules "sometime" in the late afternoon.

Bill tells his favorite running story that took place on his way back from the Daniel Boone Pioneer Run in Winchester last fall. He was driving back to Lexington on old U.S. 60, feeling pretty good about just setting a PR, when an oncoming truck crossed the center line, leaving his car in a ditch, totaled. Fortunately, Bill wasn't badly hurt but the paramedics insisted on taking him to the George Rogers Clark Hospital in Winchester where he was left in the emergency room with a broken collarbone and various cuts and bruises. It took a while to get "waited" on, as the hospital was having a mock emergency drill. When the two ER nurses finally came in they saw Bill, scratched and bloody, clad in Todds Road Stumblers t-shirt and running shorts. One said, "How far did you get?", the other told Bill "Don't feel bad, I couldn't run one mile, much less six.!"

Bill and Beverly were fun to talk to, though I admit to a bit of nervousness interviewing a reporter. I was happy to find the Fortunes as "normal" as all the other Todds Road runners, and amused to realize they thought they were "boring" subjects! ■

Beverly began running one mile a day in 1967 to help keep her slim figure in shape when she found out she was pregnant. She laughs today thinking how far she thought that mile was -- 6 laps around Fayette Park, or 32 laps around the old YWCA gym!

Bill did not begin running seriously until after the 1982 Bluegrass 10,000. John Carroll brought him out to Todds Road for the first time on a foggy December morning. Bill said the fog was so dense that he couldn't see a thing through his glasses, but he "felt" that it was a nice place to run. Lucky for Bill that John didn't attempt the 9 mile run that day.

Bill and Beverly are regulars at Todds Road, but admit that they weren't very

dedicated this cold, snowy winter. Both have demanding careers and they find that running is an outlet that gives them a sense of physical and mental well-being.

Bill, a graduate of the University of Kentucky and the UK College of Law, is now a professor at the UK Law School. After graduating he started a private practice but later decided his heart was in teaching. Between these career changes he went to Los Angeles for a year where he was a federal public defender. He then spent a year here, as public defender for the Eastern half of Kentucky. Don Cetrulo, the Director of the Administrative Office of the Courts, says Bill is one of the leading individuals involved in the large area of continuing judicial education.

Beverly, a feature writer for the

MAPLE LEAF RUN

by Nick Nickell

Saturday, March 9, was the date of the Maple Leaf Run in Birmingham, Alabama. Several of us traveled down for the Run in conjunction with the SEC Basketball Tournament. With 70 degree temperatures and high humidity, the flat course didn't help much. Listed below are our times.

NAME	TIME	AGE GROUP
Bill Smith	34:08	1st 34-39
Stan Briggs	39:52	45-49
David Wachtel	41:18	40-44
Nick Nickell	41:32	40-44
Lionel Hawse	49:15	40-44
Dick Stuckey	49:25	40-44 ■

GET TO KNOW FOSTER PETTIT

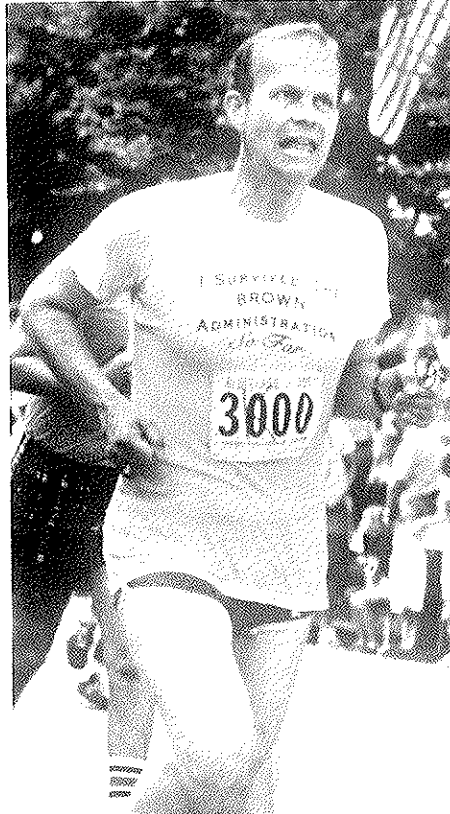
by Dan Seaver

If you're passing Gratz Park around 6:30 a.m. on any given morning, you might spot three figures running laps of this historic neighborhood. Take a little closer look and you'll recognize the runners as Foster and Carole Pettit and their doberman Karl. Leaving their West Third Street house bright and early to circle the one-third mile park has become a part of the Pettits daily routine. As they and many runners have discovered, taking to the open road for an early morning run is a fantastic way to begin a busy day.

H. Foster Pettit is certainly a well-known Lexington personality. His name has long been associated with the legal profession, politics and local real estate interests. A native of this city, Foster was educated at the University of Virginia where he earned his undergraduate and law degrees. His education was interrupted in 1951 when he entered the U.S. Air Force to spend four years as a Russian language specialist with assignments in Germany and Turkey.

Upon returning to Kentucky from Virginia in 1958, he went to work as a law clerk for a federal judge in Louisville. For the last 27 years Foster has had a distinguished career in both law and politics. During the 1960's he was a member of the Kentucky House of Representatives for three terms. Then in 1971 he ran for mayor of the City of Lexington. Not only was Foster elected to that office, but he was re-elected for a second term. One of the major accomplishments during his administration was the merger of the Lexington and Fayette County governments. He returned to the practice of law in 1978. A year later Foster was called on by Governor John Y. Brown, Jr. to become the Secretary of the Public Protection and Regulation Cabinet. After leaving the Brown Administration he formed a law partnership and continued managing and supervising family real estate affairs. Last October Foster decided to limit business activities and to practice law on a full time basis. Today he is a partner with the law firm of Wyatt, Tarrant & Combs.

Area runners can thank Foster for helping to organize the first Bluegrass 10,000 back in 1975. He and others who



Herald Leader Photo by David Perry

were planning the festivities for the bicentennial celebration of the naming of Lexington decided to put on a race. Four hundred runners ran in that race which was held on a course that is different

from the one currently in use. Also some of you may recall that there was limited traffic control for the first race which made the course a little more interesting for those pioneer runners.

Foster ran in the 1975 Bluegrass 10,000 and he has run in each one since then. Every fourth of July you'll find him sporting his Todds Road singlet as he takes to the streets of Lexington with a sea of runners.

He credits the "Old Stumbler" with really getting him started with running. At that time Foster thought he was too busy to begin a running program. But he, like many Todds Road members, was soon convinced otherwise. With some encouragement and the prospect of breakfast at McDonald's afterwards, Foster started coming out to Todds Road on Saturday mornings during the early days of the group. Now running is an integral part of his life. "I get a great sense of satisfaction out of running," says Foster, "and I expect to run as long as I can walk."

Even though at the time of this interview he was recovering from arthroscopic knee surgery following a skiing mishap, you can be sure Foster will be back circling Gratz Park in the near future as he gets ready for the next Bluegrass 10,000. ■

NRDC - DOING IT RIGHT

by Kenneth J. Pike

Let's have a show of hands. What do the letters NRDC mean to you? Hmmmmm, just as I thought. Well, even though you may not have heard of it, as a runner the NRDC means more to you than you may realize. The letters stand for the National Running Data Center which is an independent, non-profit organization devoted to the collection, analysis, publication and dissemination of long-distance running information. It processes all applications for U.S. road records. Records approved by the NRDC are then submitted to the RRCA and TAC for official recognition. To get its job done the NRDC is interested in establishing dependable procedures for getting accurate course measurements, and in keeping a list of courses that have been so measured. The NRDC is also involved in

developing procedures for accurately timing races and for properly handling the assignment of time and place at the finish line. It is only when all of this measuring and timing is properly done that the NRDC's lists of distance and age-group records have any validity.

How does any of this benefit you? Almost all of you have felt the sting of doing a lot of training, paying a hefty entry fee, and racing your guts out for a PR, only to find the course distance to be off or the finish line management to be fouled up. If race directors will make the effort to get the course certified and to follow the suggested finish line procedures, then these disappointments will not be repeated. True, the whole NRDC system seems to be set up for the ones

(Turn to "NRDC", page 10)

RACE SCHEDULE

by Bob Maclin

April showers bring May flowers...and the spring races. Don't forget "Run Kentucky Run" on April 14th, first produced by Ken Pike and sponsored the first two years by McAlpin's. Remember the mud years? Also, the Kentucky Derby Festival Half Marathon. Great crowds...lots of fun. Again, this list is prepared from many sources, so please remember to verify dates, times of races, etc., before traveling to a race, and remember to send a self addressed stamped envelope when requesting entry forms.

APRIL

- 13 - Ford Ranger 10K, Louisville, Ky. 502-895-3410.
- 13 - Diet Pepsi 10K, Louisville, Ky. Gil Clark, Box 36452, Louisville, Ky. 40233.
- 13 - Anderson Cup Run 10K, Meridian, MS: Meridian Track Club, Box 4424, Meridian, Ms. 39301.
- 14 - Run Kentucky Run 10K, Lexington, Ky.: John's Running Shop, 321 Ashland Ave., Lexington, Ky. 40502
- 14 - Converse-Miami University Red Brick 5K, Oxford, OH: Matt McGowan, Box 453, Oxford, OH 45056, 513-523-1889.
- 14 - Run with U.S. 5K, Nashville, TN: Nashville Striders, 615-254-0631.
- 15 - Boston Marathon, Hopkinton, MA: Boston Marathon, Hopkinton, MA 01748, 617-435-6905.
- 20 - Pioneer 5K Mini Prep 10K, Louisville-Indiana: Gil Clark, Box 36452, Louisville, Ky. 40233, 502-459-5606.
- 20 - Nautilus Sports Festival Marathon and 10K, Paducah, Ky. 502-442-9148.
- 20 - Barbecue Festival 5K, Owensboro, Ky. 502-683-8956.
- 20 - Burgin Beginning 5K and 15K, Burgin, Ky.: Dick Burchett, Mark Morgan, Burgin, Ky. 40310.
- 21 - London Marathon, London, England.
- 27 - Demopolis Distance Classic 30K, Demopolis, AL: Steve Dickson, 702 Wildwood Circle, Demopolis, AL 36732 (Course TAC RRCA cert.).
- 27 - Smoky Mt. Wildflower Run, Townsend, TN: Bill Dunavent, 1004 Tuckaleechee, Maryville, TN 37801.
- 27 - Kentucky Derby Mini-Marathon 13.1, Louisville, Ky.: Gil Clark, Box 36452, Louisville, Ky. 40233, 502-459-5606.*

MAY

- 5 - Pittsburg Marathon, Pittsburg, Pa.: Contact running stores.
- 11 - Diet Pepsi 10K, Athens, Ky., 8:30 a.m.: Contact John's Running Shop, 321 Ashland Ave., Lexington, Ky. 40502, 269-8313.
- 19 - Revco-Cleveland Marathon and 10K, Cleveland, OH: Reno Staroni, Box 46604, Bedford, OH 44146.
- 25 - Louisville Zoo 10K, Louisville, Ky: Gil Clark, Metro Parks Track Club, Box 36452, Louisville, Ky. 40233, 502-459-5606.
- 25 - Expo 10,000, Knoxville, TN: Knoxville Track Club, 502 Alandale Rd., Knoxville, TN 37920.
- 25 - State High School Track Meet, Lexington, Ky: University of Kentucky Track.
- 27 - Cotton Row Run 10K, Huntsville, AL: Limit 4,000, mail before May 11th, John Hickey, 7722 Benaroya, # 303, Huntsville, AL 35802, 205-881-5608.

JUNE

- 1 - Anderson County 5,000: Randy Crist, 502-839-6417.
- 8 - Capital Expo 10K, Frankfort, Ky: Bill Smith, CLS Sports Shop, Frankfort, Ky. 40601.
- 9 - Gwinn Island Triathlon, 1K-30K-10K, Danville, Ky: Dick Burchett, Gwinn Island Fishing Camp, Burgin, Ky. 40310.
- 15 - Grandma's Marathon, Duluth, MN: 218-727-0947.
- 21 - Twinkie Handicap 10K, Danville, KY: Contact running stores.
- 22 - Morehead 5 Mile, Morehead, KY: Contact running stores.

JULY

- 4 - Bluegrass 10,000, Lexington, KY: Parks and Recreation Dept., 545 N. Upper St., Lexington, KY 40507, 606-255-0835.
 - 4 - Firecracker 5 Mile, Louisville, KY: Cox Park, Gil Clark, Box 36452, Louisville, KY 40233, 502-459-5606.
 - 9 - Run for the Hills 10K, Gatlinburg, TN: Knoxville Track Club, 502 Alandale Rd., Knoxville, TN 37920, 615-577-1537.
 - 24 - Red Bird Run 5K, Louisville Fairgrounds, Louisville, KY: Ken Combs Running Store, 502-895-3410.
 - 27 - Dog Days 5K, 10K, Oak Ridge, TN: Oak Ridge Track Club, Box 3394, Oak Ridge, TN 37831.
- *Triple Crown Event ■

GET TO KNOW DON AND CHRIS CETRULO

by Becky Reinhold

You can find the President of the Todds Road Stumblers in one of two places these days -- at his office in the State Capitol, or at Ford's Fitness Center, "pumping iron!" Don Cetrulo is the Director of the Administrative Office of the Courts and is a direct appointee of Chief Justice Robert F. Stephens. He says his job involves "providing administrative support for all of the courts in Kentucky, including 120 counties and 2,000 people."

Don grew up in Newport, Kentucky, attended what is now Newport Central Catholic High School, received his undergraduate degree from Morehead State University and his law degree from the University of Kentucky. He met his wife Chris at Morehead, and they were married in 1972. After graduating from law school Don played "Army" for a short time, before going to work for the state government, where he has held his current position for 3 1/2 years.

Don became involved in running in 1976 because he thought it was fun. He met John and Cathy Fox at the UK track and was a little surprised that the first thing John ever said to him was "get rid of those shoes." Don was doing distance training in a pair of "waffle" shoes. Since that time the Foxes and Cetrulos have been pals. They are responsible for bringing Don to Todds Road for the first time and Don considers part of his work week watching Jack Fox while John and Cathy run on Sunday mornings.

Chris Cetrulo is also a runner and Don claims that "she is the one in the family who is really in shape." Chris runs three miles three times a week, swims and lifts weights twice a week. Chris is associated with the University of Kentucky as a part-time instructor in the English department. Usually she teaches technical writing but is currently a writing consultant to the Anthropology department. Chris has co-authored a manual on the use of the Engineering Library and is editing a forthcoming UK publication for high school students. Don tells us this is one of those part-time job where you work 50 hours a week.

Friends tell us that Chris is also accomplished at quilting, needlepoint,



Photo by Reese Reinhold

stenciling, baking and gardening. Through we hate to compliment Don because it all goes to his head, he is said to throw together a pretty good Italian dinner on occasion!

Don says his only current hobbies are weight lifting and keeping up with track and road races. He works out seriously with weights four days a week and began lifting for the same reason he started running, for fun. He and Jim Bell have traveled to quite a few track meets and road races with Video camera in hand. At the TAC meet in Indianapolis two summers ago I witnessed one of the Bell-Cetrulo shows. Jim acts as director and photographer while Don does the color commentary. On this particular night it was pouring rain but their spirits weren't dampened. Jim made Don tear the shirt off his back to wrap around the camera to keep it dry. Don started off calmly calling the race but was so excited to see Mark Nenow in the lead he started jumping up and down in the stands, with the microphone in his hand yelling - "Nenow, Ne-now, Ne-now...!" Quite a show,

Don.

Don has run one marathon, and says he will never do it again. For the first 19 miles he had a time of 2:23. He finished with a time of 4:04. With weight lifting foremost in his mind, Don has given up distance running for sprint work. He is still very interested in all running events and between Don and Jim Bell they can remember any runner's time in any event when asked.

Some of the less publicized Cetrulo facts include the astonishing statistic that Don played Little League baseball for six years and never once got a safe hit. He also knows every Rodney Dangerfield joke in existence and does not hesitate to share them with you!

Thought we would like to see more of Don and Chris at Todds Road, we know their busy schedules are hectic. Don and Chris are both active behind the scenes with Todds Road activities, and besides, how many other running clubs can boast about their President being a big-wig in the state government?! ■

HANGOVER CLASSIC

by Nick Nickelli

New Year's Day was the date of the Hangover Classic 10 mile run in Louisville, Kentucky. At least four brave (or crazy) Todds Roaders made the trip to Louisville to enjoy the fun (if you call 45 mile an hour winds and a cold rain fun). Those that ran were John Sensenig who was 4th in the 45-49 age group, Diane Soltis who was 2nd in the 35-39 age group, Mary Hagihara who was 3rd in the 40-44 age group, and Bob Maclin who was 2nd in the 60-64 age group. Congratulations to each of you for competing under those kinds of conditions! ■

THE TODDS ROAD SIX MILE COURSE

by Kenneth J. Pike

With this article is a map and an elevation profile of our six mile course. This course is the standard of our club -- the one where we earn our Stumblers shirts. I've run it more times than I can recall, and I thought I knew it pretty well. In preparing this article I found several things that are new to me. For example did you know that

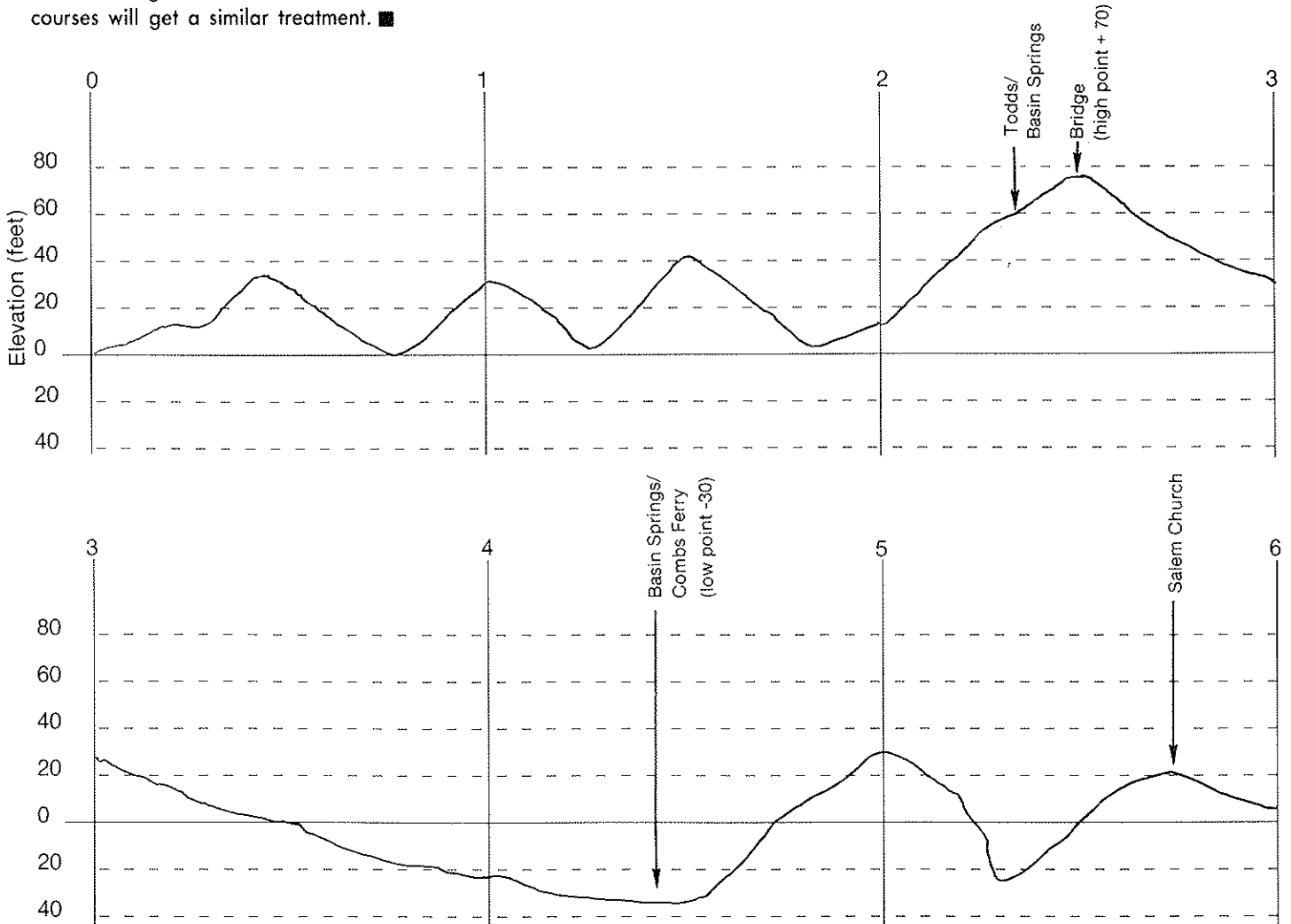
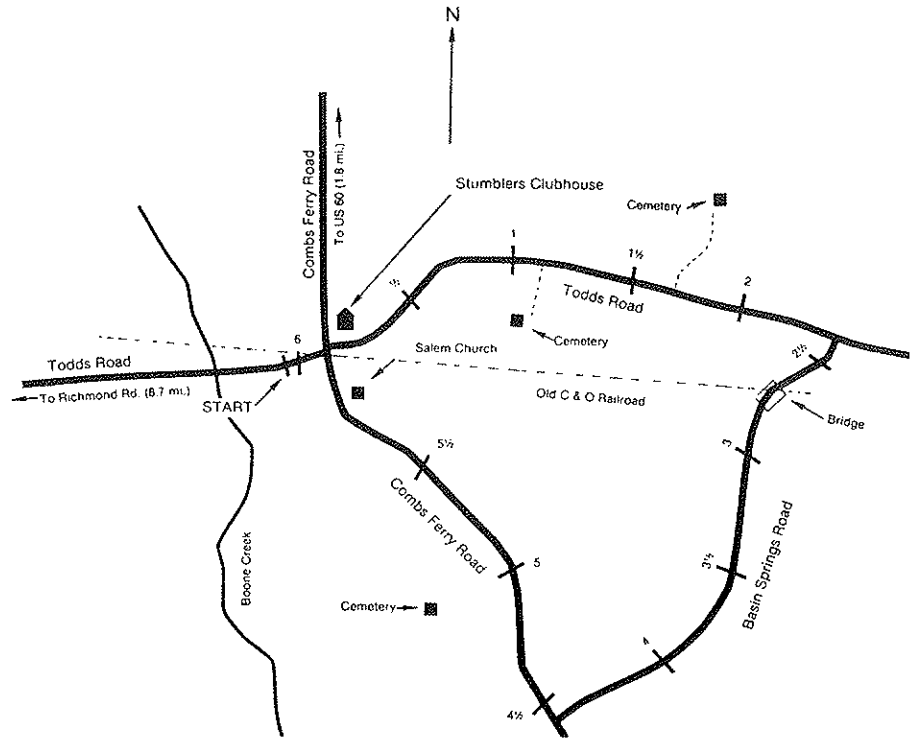
--There are three cemeteries within or adjacent to the route?

--The stream that crosses Todds Road just west of the starting point is named Boone Creek?

--There are six hills on the route?

--The reason everyone enjoys the section on Basin Springs between the bridge and the Combs Ferry turn so much is because it gradually drops 100 feet in a little less than two miles?

I hope that you find this little study to be interesting. In future issues the other courses will get a similar treatment. ■



FROM THE PRESIDENT

by Don Cetrulo

Dr. Ralph Mann, still the only athlete ever to win both three NCAA and AAU championships, attended Brigham Young University, a good track school, in the early 1970's. Ralph once told me that during a track meet the fans, having been enthralled by the sprinters began booing during the 10,000 meters because the runners looked like they were running so slowly. At the time, distance running was something foreign to the American consciousness.

Times sure have changed. Now, some 20 million Americans take active part in distance running with a substantial percentage regularly taking part in road racing. A rather unfortunate aspect of this running boom is the estrangement between the road running community and track aficionados. Maybe estrangement is a bad word. To the certain extent they have never been properly introduced let alone have any kind of relationship which could now be described as estranged.

In fact, track and road running are different aspects of the same sport. While road running certainly has the advantage of mass participation, track has its advantages too. Containing all running and field events within its quarter mile circumference, track is great for both spectating and participating. Participants can run their own races and enjoy watching other events. Spectators can see the entire meet. This is a significant point. We have all seen pictures of crowds which line the course on the route of the Boston and New York marathons to watch the lead pack go by in an instant. Lounging in the stands during a meet you can see the entire race and entire field, missing nothing. Those of us who attended the 1983 National Championship Meet in Indianapolis saw a great race featuring Marc Nenow, Alberto Salazar, Craig Virgin, Pat Porter and Ron Tabb, among others. We saw a great race with a great finish including a sprint in the last 400 meters among Marc Nenow, Virgin and Salazar. It's an experience that can never be repeated, watching a road race.

Participation is a rather unique experience too. Frequently the races are a little bit shorter and provide an interesting break from road racing. Even the ardent marathoner can enjoy trying to improve his time in the mile. ■

So if I have peaked your interest, here's some events for both spectating and participating that will interest you.

First is the venerable Kentucky Relays which Todds Road has traditionally helped sponsor through its participation as officials. There's no better place to watch a meet, with its outstanding college stars, than from the officiating areas. The dates this year are April 19 and 20.

Next, I highly recommend the TAC National Championship Meet which will, this year, again be held in Indianapolis, June 14-16. This is the qualifying meet this year for the World Cup and it's your

chance to see Marc and the likes of Carl Lewis, Edwin Moses, Mary Decker, Joan Hansen, Billy Olsen, etc., live.

The Governor is organizing what's to be called the Kentucky Games which will take place August 2, 3 and 4, at the Shively Sports Center and will be an open invitational track meet in which Todds Roaders can both participate and help officiate.

Finally, Don Weber tells us that the all-comers meet will once again be held this summer. This is a very enjoyable program and is the best opportunity for Todds Roaders to get a taste of the track. ■

1984 PERSONAL RECORDS

by Nick Nickell

Below is a recap of the P.R.'s for those Stumblers we know achieved personal bests at various distances in 1984. We all work hard every year to try to improve our times, and this is our opportunity to be recognized. If we missed you this year, be sure to remember to sign the P.R. board at Todds when you do accomplish a best.

NAME	RACE	DISTANCE	TIME
Harvey Coggin	Wendy's Classic	10K	44:19
Bill Alley	Wendy's Classic	10K	42:45
	Louis. Mini-Marathon	13.1M	1:37:37
Beth Argabrite	Cynthiana	10K	53:08
	Dayton	13:1M	1:58:57
	Metro Marathon	26.2M	4:27:11
Mark Nenow	Crescent City	10K	27:22
Rob Lyon	Bank One	26.2M	3:35:51
	Wendy's	10K	39:23
Nick Nickell	Louis. Mini-Marathon	13.1M	1:26:19
	Run For The Clover	5K	18:59
	Capitol Expo	10K	39:22
	Cincy Heart Run	15K	1:00:48
Mike Rafferty	Wendy's	10K	33:50
Bill Sanburn	Capitol Expo	10K	41:48
Wendy Frazier	Wendy's	10K	39:41
Stan Briggs	Run For The Clover	5K	17:42
	Run For Liberty	5M	30:09
	Capitol Expo	10K	37:32
	Cincy Heart Run	15K	57:13
Tom Olshewsky	Ashville-closed in ridge trail run	17 miles up mountain	3:10:45
Bob Dinsmore	Bluegrass 10K	10K	43:18
Ed Gardner	Run For the Clover	5K	18:49
	Capitol Expo	10K	39:08
	BG Mini-Marathon	13.1M	1:29:17
	Rocket City Marathon	26.2M	3:14:28
	Charleston Dist. Run	15M	1:43:07
Tommy Glover	Old Hickory Run	11.2M	1:22:00
	Capitol Expo	10K	41:45
	Run For The Arts	15K	1:03:30
	BG Mini-Marathon	13.1M	1:33:04
	Rocket City Marathon	26.2M	3:43:00 ■

GET TO KNOW DON AND CAMILLE WEBER

by Dan Seaver



Photo by Dan Seaver

Running has figured prominently in the lives of Don and Camille Weber for many years. It brought them together in 1978 when they met, and today it's still important, but for different reasons.

Don is well-known to fans of track and field events as the head coach of the University of Kentucky track team. A track star in high school, this Louisville native came to UK in 1968 where he spent the next four years as a middle distance runner. Following graduation Don returned to Louisville as a teacher and part-time coach at Jesse Stuart High School. Eventually Don realized that he wanted a career in coaching. So in 1974 he accepted an offer to become a graduate assistant at Murray State University. A short time later opportunity knocked at his door. Past contacts with the UK track program led to an invitation to go to South America to work with the Ecuadoran national track and field team. A year later Don was back in the United States, first briefly in Kansas at Pittsburg State University and then back to Murray to finish his master's degree. With the resignation of U.K.'s track coach in 1978, Don returned to his alma mater as an assistant to Coach Etcheberry. He assumed the head coaching responsibilities in March, 1984.

Don says he thoroughly enjoys coaching the UK Track Cats. This year he has put a lot of emphasis on recruiting track and cross country athletes to fill the vacancies on the team expected with graduation. Together with a demanding meet schedule, recruiting trips have kept him on the road much more over the last twelve months than ever before. But he feels when you're trying to build a strong program with a winning tradition, that's the price you pay.

The snow and the extremely cold weather this past winter posed a real challenge for Don and his team. The only athletes who were not really affected by the snow, ice and freezing temperatures were the distance runners. It seems that Don was able to enlist the support of some Lexington tobacco men who let the team use their warehouse for workouts. The weather prevented the team from training on UK's track during the indoor season, and so the tobacco warehouse with its improvised 220 yard track worked out as the next best thing.

Certainly one of the highlights for the UK program each year is the Kentucky Relays. In recent years the Relays have been hampered by bad weather. Several Stumblers who worked as race officials vividly recall the cold weather two years

ago and the heavy rain last year. This year the Relays are competing with other meets being held at the same time. Because of this and the past record of poor weather, Don is a little unsure about the level of team competition that will be present April 19-20. He is certain, however, that the past Relays would not have been as successful were it not for the support of the Todds Road Stumblers. "Let them know how much we appreciate the help they have given us," says Don. Even with the rain, last year's Relays went off right on schedule. With continuing Stumbler support, this year should be no exception.

While Don seems too busy these days to do any running himself, Camille Weber, another member of the family, makes time to put in her miles. Between her responsibilities at work and those at home, she is still able to get in a three mile run each day.

Like Don, Camille also began running in high school. She ran the 880 yard event on Daviess County High School's track team. Camille enrolled at Murray State University on a track scholarship and that's where she met Don. Upon graduation, she accepted a teaching position at Apollo High School in Owensboro, where she also coached the girl's track team. Camille and Don were married in 1978 and subsequently moved to Lexington.

Today Camille is employed as an artist in the Art Department at the Lexington Herald-Leader. Since running is an activity she really enjoys, but only has limited time for, Camille usually foregoes lunch in favor of a short run. She has been a very competitive runner especially in marathons, and some day hopes to return to racing at that distance. In the meantime keeping up with Jennifer, 3, and Katie, 3 months, calls for a lot of the energy Camille might otherwise devote to running.

Good luck Don for a successful indoor and outdoor track season this spring. And our best wishes to you Camille and thanks for your past contributions in the design and production of *The Milemarker*. ■

GET TO KNOW CINDY CRAPPER

by Dan Seaver

For Todds Road Stumbler and University of Kentucky track and field athlete Cindy Crapper, running is somewhat of a means to an end. It's that simple. She recognizes the benefits of running to an athlete's overall conditioning program. Cindy also feels much better about herself after a run...not to mention a little relieved when it's over. But she reminds you that when your events on the team include the javelin, shotput and discus, then perhaps those benefits don't seem as important as developing good upper body strength.

Cindy is a physical education senior who hails from Windsor, Ontario. During high school she was heavily recruited by many colleges and universities because of her skill in three field events. But she chose UK because she liked the school, the coaching staff and the bluegrass region of Kentucky. Looking back over her time at the University, Cindy said, "It's been a fantastic four years. I love it here. The people are terrific, the school's great and I wouldn't have traded it for anything."

Cindy has had a memorable college career at UK. She has broken school records, won or placed well in events at major track and field meets, been named team captain and gained All-American honors. These are noteworthy accomplishments especially when you consider that for a good part of high school she was a sprinter and a high jumper. It wasn't until Cindy broke a bone in her foot playing basketball that she gave up sprinting events to throw the shotput. Much to everyone's surprise, she began breaking records. The discus and the javelin were later added to her repertoire as she began to establish a reputation in field events.

The youngest of four children, Cindy grew up in a very sports-minded family. Her three older brothers were very active in athletics. One now plays professional hockey in England. These days Cindy continues to receive a great deal of support from her parents who often travel many miles to watch her compete at meets around the nation. She has also found her college roommate and best friend, former UK track athlete Judy Thomas to be very supportive especially in encouraging Cindy to include running in her total fitness program.

Being an accomplished college athlete sometimes places people in interest-



Photo by Dan Seaver

ing situations even away from the field of competition. Take, for example, the night Cindy was a guest on WVLK Radio's talk show Sports Line. There she sat with former UK runners Mark Nenow and Dave Bensema when a caller asked for advice about preventing running injuries. When at last it was Cindy's turn to answer, she was a little flustered since running is not her specialty. Finally, after gathering her composure, she responded, "watch out for potholes and the neighborhood dogs." Perhaps her response wasn't as technical as the caller had expected, but it's still good sound advice anyway. No doubt it also provided some lighter moments during the interviews.

Cindy's goals for the future involve receiving her bachelor's degree from UK in May and then beginning a graduate program next fall in sports psychology. Along with this she hopes to be selected for an assistantship so that she can continue her association with the UK track and field team.

Looking down the road a bit further, Cindy has set her sights on the 1988 Olympics. This past summer she won the Canadian Olympic Trials in the javelin. However the Canadian Olympic Association chose not to send a representative to Los Angeles in that event much to her disappointment. Making the Canadian Olympic team in 1988 will pose a real challenge for Cindy. But we are convinced that this very outgoing and personable young lady has the determination and athletic potential necessary to be selected for those summer games. In the meantime we wish her the best of luck ahead. ■

NDRC

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fast enough to set records, but if the elite get a fair shake on time and distance then it's likely that the rest of us will also.

During the last few years there has been a lot of controversy about the length of well known courses, most notably that of the New York City Marathon. There were so many certified courses found to be incorrect that it was decided that for any course to claim certification it must be remeasured along the "shortest possible route" that a runner could take on race day and must have a short course prevention factor included in the course length which is equal to 0.1 percent of the advertised distance of the course. All courses which were not certified according to this standard were decertified on December 31, 1984, and those courses which were properly remeasured are now being described as having "full certification." Beginning January 1, 1985, all performances on courses which have not been thru the recertification process are not eligible for rankings and records by TAC or by the RRCA and therefore will not be listed nationally by Track and Field News or other running media. The NRDC says that there are 10,000 to 12,000 races held each year, but there are only 1,500 fully certified courses.

Following is the list of Kentucky courses which are fully certified as of the March, 1985 issue of the NRDC News. Note that there are none in the Lexington area.

- 5 Kilometers
- Murray MCCH Autumn Gold
- 8 Kilometers
- Louisville Stroh's Run for Liberty
- 10 Kilometers
- Bowling Green A.M.C.
- Bowling Green Run for Health
- Bowling Green Wendy's
- Hartford Ohio Co. Parks Bluegrass
- Louisville Rodes City Run
- Madisonville City College Road Run
- Murray MCCH Autumn Gold
- Russell Rail City Run by the River
- 15 Kilometers
- Louisville Metro Parks Arts
- 1 Mile
- Murray MCCH Autumn Gold
- Half Marathon
- Louisville Kentucky Derby Festival ■

STUMBLERS IN THE MOVE

by Suzanne Sanders

About 60 Stumblers welcomed the New Year at the annual New Year's Eve run at Todds Road. **Amye Brandli** ran six miles. It's the only time we know of that a new member has earned a T-shirt at New Year's Eve. After only a few hours sleep, a hearty group of Stumblers drove to Louisville to run in the 9:00 a.m. Hang-over Classic 10 Mile Race on New Year's Day. Despite rain, a 45 mph wind, and an evening of pre-race partying **Susan Cox, Don Carbone, Jeff Durham, Mary Hagihara, Bob Maclin, John Sensenig** and **Diane Soltis** completed the race.

Bonnie and Debbie Pigg had their first child on February 16. Krystal Lynn weighted 8 lbs. 5 oz. Bonnie thinks the night feedings may be slowing down his runs. However after nine years of waiting for Krystal, he is not complaining.

Bob Owen, who has been with Ashland Oil in Lexington a year, is being transferred to Ashland, Ky., in July. **George Mason** has moved to Kingsport, Tn., to set up a law practice. **Dave Delaney** has been transferred by Hillard and Lyons to Terre Haute, Ind. Hopefully they will visit Todds Road as often as **John Stoll** who was in from College Station, Tx., in early March.

The Great Harvest Bread Company, owned and operated by **Ron and Paula King**, is now open for business at Stone-wall Center on Clays Mill Road. Stop in for free samples of their delicious whole wheat breads and muffins. They even provide butter.

Dan Seaver has changed jobs at UK. He is now the Director of Student Services for the College of Allied Health Professions at the UK Medical Center.

Congratulations to **Don Coffman**. He was recognized by *Runner* magazine as the 1984 top ranked male runner in the masters 45 to 50 age group.

The 1984 Kentucky Press Association Awards for Daily Papers, Class III; featured two Stumblers. **Mark Maloney** received first place for Best Sports Feature. **Christy Porter** took third place for Best Feature Picture Essay and second place for Best Local Sports Picture. Both are with the Lexington Herald-Leader.

The results of the Metro Marathon were published in the Winter issue.

Inadvertently, **Ron Lovan's** fine time of 3:29:29 was omitted. Since it was his first marathon (and he says his last) we thought it should be published in this issue.

Surgery has, unfortunately, been popular this year. **Ed Frazier** had abdominal surgery and is fully recovered and running again. **Bob Maclin** had surgery on his elbow to repair some tendons injured last summer while pruning a tree. He is running again but with impaired movement and therefore a slower pace. **Larry Metzger** had back surgery for a running related sciatic nerve problem he has had since last September. Larry is limited to lying on his back, standing, or walking and is not supposed to run until July 1. Currently he is walking between

four and five miles a day.

Mark Nenow took a trip to Miami this winter not only to race (he placed second) and participate in a running clinic, but also to judge a beauty contest. Mark was also on the program of a clinic at UK on March 9. Some 70 runners attended the clinic at UK, which was one of about 30 groups connected by satellite. The clinic featured programs broadcast from the University of Massachusetts in Boston and a "teleconference" question and answer period.

Welcome to the new Stumblers since the winter issue of the Milemarker. They are: **Charles Edward Carpenter, Gary Edsel (Eddie) Gillon, Jr., Steve Homme, Randy S. Lentz** and **William R. Perkins**.

THE ART OF SURVIVAL

by Kenneth J. Pike

Spring is in the air and it is time for all of us to start living up to those New Year's resolutions - time to pick up the mileage, get in shape and run some good races. Unfortunately, when you increase your time on the roads you also increase the opportunities for a training related accident. Enough has been said about dealing with dogs, watching out for uneven footing, and guarding against heatstroke. By far the most risky behavior exhibited by my fellow runners is that of challenging automobiles for a share of the road. The risk seems even greater when you consider that the roads were built for autos, and that some of the drivers have a strong dislike for runners or anything else that gets in the way.

To give yourself an edge when training on the roads, remember the following:

*Be visible. Wear bright or reflective clothing. You may feel this just makes you a better target, but the friendly majority appreciate being able to see you.

*Give the cars their lane. This covers several situations. In general it is best to take the left side of the road so you can face the oncoming traffic, but there are situations which call for going to the right side. For example if you are running a hilly or curvy narrow road, you can cross over as you approach the top of the hill

so that an oncoming auto is not surprised by you just as it pops over the crest. Similarly, if you are coming into a blind left curve you could cross so that you are in sight of cars going both ways.

*Don't fill up the road. When running with a group it makes no sense to feel that you are forced out into the traffic by the others, nor should you run every which way in front of an approaching car like a flock of chickens. The group should discuss such situations before starting out to decide how to call out warnings and defensive moves.

*Look all around before crossing an intersection. This seems too elementary to discuss further, but many runners go blasting thru like they were going to live forever.

*Give your ears a chance to help your eyes. Leave those stupid headphones at home. If you need music to distract you from what you are doing then you probably shouldn't be doing it.

*Be friendly - give running a good name. Smile and wave to passing cars. In a tight situation step off the road to let cars go by.

It is up to all of us to protect our privileges of running on the roads. If we become too much of a nuisance then laws will be passed to restrict our freedom. ■

Todd's Road Stumblers, Inc.

milemarker

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1985 KENTUCKY RELAYS

by Kenneth J. Pike

The 1985 installment of the Kentucky Relays is scheduled for April 19 and 20. I hope this newsletter reaches you before then because if you are not serving as an official then I would like to encourage you to be a spectator. These meets are really a lot of fun. It is too soon to predict which schools will send teams because they always wait until the last minute to commit.

Following is the preliminary schedule of events. Come on out.

FRIDAY, APRIL 19

FIELD EVENTS

2:30 p.m. Shot Put (Men's Final)
2:30 Javelin (Men's Final)
2:30 Long Jump (Men's Final)
3:00 High Jump (Women's Final)
4:30 Discus (Women's Final)
4:30 Triple Jump (Women's Final)
4:30 Hammer (Men's Final)

RUNNING EVENTS

2:30 p.m. 110 Meter Hurdles (Men's
Trials)
2:50 100 Meter Hurdles (Women's Trials)

3:05 100 Meters (Men's Trials)
3:20 100 Meters (Women's Trials)
3:35 1500 Meters (Women's Final)
3:50 800 Meter (Men's Final)
4:05 4x100 Meter Relay (Women's
Trials)
4:15 4x100 Meter Relay (Men's Trials)
4:25 5000 Meters (Women's Final)
4:50 1500 Meters (Men's Final)
5:10 200 Meters (Men's Trials)
5:25 400 Meters (Women's Final)
5:40 400 Meters (Men's Final)
6:00 10,000 Meters (Men's Final)

SATURDAY, APRIL 20

FIELD EVENTS

11:00 a.m. Pole Vault (Men's Final)
11:00 Javelin (Women's Final)
11:00 Long Jump (Women's Final)
12:00 Shot Put (Women's Final)
1:00 High Jump (Men's Final)
1:30 Triple Jump (Men's Final)

1:30 Discus (Men's Final)

RUNNING EVENTS

10:00 a.m. 10,000 Meters (Women's
Final)
10:50 5000 Meters (Men's Unseeded
heat)
11:10 Corporate Event

12:00 400 Meter Hurdles (Men's Final)
12:30 400 Meter Hurdles (Women's
Final)
12:50 Distance Medley Relay (Men's
Final)
1:10 4x100 Meter Relay (Men's
Final)
1:15 4x100 Meter Relay (Women's
Final)
1:20 3000 Meter Steeplechase
(Men's Final)
1:40 800 Meters (Women's Final)
2:00 100 Meter Hurdles (Men's Final)
2:05 100 Meter Hurdles (Women's
Final)
2:10 100 Meters (Men's Final)
2:15 100 Meters (Women's Final)
2:25 5000 Meters (Men's Final)
2:45 Sprint Medley (Men's Final)
3:00 200 Meters (Women's Final)
3:20 3000 Meters (Women's Final)
3:40 Invitational Mile-1500 (Men's
Final)
3:50 200 Meters (Men's Final)
3:55 4x100 Meter Relay (Women's
Final)
4:05 4x100 Meter Relay (Men's
Final) ■